

# FIT TO SKI

## PART 2

BETTER SKIING STARTS WITH BETTER FITNESS AND PRE-SEASON TRAINING IS THE WAY TO YOUR BEST WINTER EVER. THIS ISSUE TARGETS THE LOWER BODY AND CHALLENGES STABILITY AND BALANCE TO HELP PREVENT INJURY AND INCREASE AGILITY.

BY MARCY VERBURD, FITNESS & NUTRITION COACH, SNAP FITNESS

FITNESS MODELS:

ALYNULMEYER, ALPINE CANADA TEAM MEMBER

DUSTIN TITUL, NSWC MASTER COACH DEVELOPER/AMATEUR ATHLETE

PHOTOS: WALLY STEINBERGER



1

### SQUAT WITH ARM EXTENSION

Start with feet a little more than shoulder width, holding a lightweight medicine ball at chest height. Lower into a squat, keeping chest up and shoulders back while extending the arms forward. Return to standing. 10 reps

► This workout should be done as a circuit, starting with 1-2 times through and building to 3.



2

### STABILITY BALL HAMSTRING CURL

Lie on a mat with feet on the ball, hips off the ground and shoulders on the floor. Use your feet to roll the ball in toward you until you feel a squeeze in the hamstrings, then roll the ball back to start position. 8-10 reps



3

### LUNGE WITH A TWIST

Start with feet shoulder width apart, holding a medicine or stability ball. Step backwards into a lunge then twist at the waist, turning the ball toward the side. Alternate sides. 10-12 reps

4

### BOSU LATERAL SQUAT TAP

Stand with one foot on a Bosu ball, keeping the ball's flat side down. Lift foot from the floor onto the ball, then tap your other foot to the floor. Option: hold a medicine ball at chest height. 10-12 reps



# Ski Workout

**Rachel Sandford**



## **Ski Workout:**

*Ski* ,1996-09     *Ski* ,2006-06     **Skiing** ,1992-02     **Ski** ,1988-01     **101 Cycling Workouts** David Ertl,2009-09-01  
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### **Table of Contents Ski Workout**

1. Understanding the eBook Ski Workout
  - The Rise of Digital Reading Ski Workout
  - Advantages of eBooks Over Traditional Books
2. Identifying Ski Workout
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Ski Workout
  - User-Friendly Interface
4. Exploring eBook Recommendations from Ski Workout
  - Personalized Recommendations
  - Ski Workout User Reviews and Ratings

- Ski Workout and Bestseller Lists
- 5. Accessing Ski Workout Free and Paid eBooks
  - Ski Workout Public Domain eBooks
  - Ski Workout eBook Subscription Services
  - Ski Workout Budget-Friendly Options
- 6. Navigating Ski Workout eBook Formats
  - ePub, PDF, MOBI, and More
  - Ski Workout Compatibility with Devices
  - Ski Workout Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Ski Workout
  - Highlighting and Note-Taking Ski Workout
  - Interactive Elements Ski Workout
- 8. Staying Engaged with Ski Workout
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Ski Workout
- 9. Balancing eBooks and Physical Books Ski Workout
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Ski Workout
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Ski Workout
  - Setting Reading Goals Ski Workout
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ski Workout
  - Fact-Checking eBook Content of Ski Workout
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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